

The Truth About Gluten

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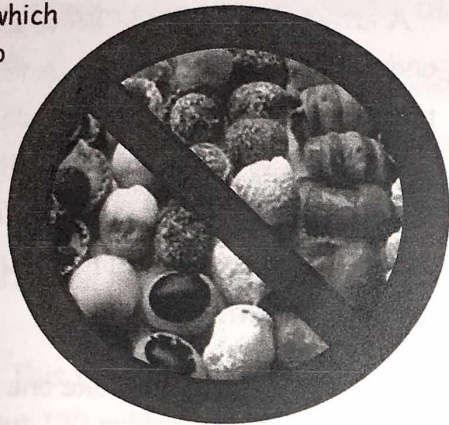
Introduction to Our friend, Gluten

Imagine you have a strange disease. With friends, you walk into McDonalds and there is nothing you can eat. You go to your best friend's birthday party; they are serving pizza and cake, and you can't have either. At school, you have lunch money, but turns out, there's nothing on the menu you can eat! (Better tell mom to pack lunch) 'What is this strange disease you have?' That disease is something called Celiac Disease.

Celiac Disease is an autoimmune disease (That means the body attacks itself) in which gluten causes damage to the small intestines.

What is gluten?

Gluten is a protein that is in wheat, barley, spelt, oats, and rye. It is what makes your pizza crust and breakfast bagel chewy. That is because



gluten is almost like the glue that holds the food together. In fact, gluten originated from the Latin word meaning glue! Typical

People with Celiac Disease cannot have gluten

foods that people eat everyday such as bread, spaghetti, crackers, cookies, cake, and sometimes, "substitute meats" for certain religions all contain gluten. People with Celiac Disease cannot eat these things because it will wreak havoc to their digestive system.

It's not Just Celiac's...

Statistics show that one out of 133 people has Celiac Disease. It is an inherited condition affecting both children and adults. Close relatives of people with Celiac Disease are more likely to have it too. If your parents or siblings have Celiac's, then your chances could be as high as 1 out of 56, or even 1 out of 22! A blood test is used to determine whether or not you have Celiac's.

Symptoms of Celiac Disease can include weight loss, fatigue, weakness, and abdominal pain. People with Celiac Disease also have a higher chance of having arthritis, Down Syndrome, intestinal cancer, and Type 1 diabetes. Some patients, however, have no symptoms even though they were tested positive for Celiac

GF diets are sometimes used to treat children with either ASD (Autism Spectrum Disorder) or ADHD (Attention Deficit Hyperactivity Disorder.) The diet does not always work, but is effective for a small percentage of children. One boy with ADHD said to his mother, "When I'm on this diet, I'm not so angry any more. And, when I get angry, it's easier for me to get over it." His counselors were amazed at the change in him.

The do's and don'ts of a gluten free diet:

1. **Do** have a separate part of the kitchen only used for cooking gluten free.
2. **Don't** use the same cooking materials to cook regular and gluten free foods. Keep two separate sets in the kitchen.
3. **Do** pay attention to yourself. If something you eat says "gluten free," and you still get sick, maybe it's isn't that gluten free after all.
4. **Do** use squeeze bottles of condiments to prevent cross contamination
5. **Don't** assume that wheat free is gluten free.
6. **Don't** assume something is gluten free, make sure it is.
7. **Do** always read the ingredient list before you eat something.

OK, Then What Can I Eat?

Luckily, a gluten free diet doesn't restrict you from all grains and/or starches. Some grains and starches you can eat are amaranth, arrowroot, bean, buckwheat, corn, flax, legumes, lentils, mesquite, millet, montina, nuts, potato, quinoa, rice, sorghum, soy, tapioca, teff and wild rice. Many "regular" foods such as vegetables, meat, and eggs are naturally gluten free. As Cecilia Cheng says, "I love to cook and bake; and making gluten free foods at home is a lot cheaper than buying it pre-made from the store. I like to try out gluten free recipes that I find